

FRANKFORT TRIFECTA INFORMATION

The Frankfort Trifecta: The Frankfort Trifecta was created to help promote a healthy lifestyle in Central Kentucky and is a collaborative effort between Good Shepherd School, Pro.Active Physical Therapy and the Frankfort YMCA. The race series goal is to help individuals achieve their full potential and reach fitness goals.

Race Series T-Shirt: All participants that register for all three races by March 17, 2011 will get an official Frankfort Trifecta short sleeve performance t-shirt provided by Cool Comfort Body & Sole. Race Series t-shirts will be available to pick up at Cool Comfort Body & Sole from May 1st to June 18th at 305 Leonardwood Drive.

Recognition: All participants that complete each race will be recognized on the Frankfort Trifecta website, in The State Journal and at the awards ceremony at the final event.

Training Program: Upon request, participants will receive a 12-week Training Log and/or Training Program that begins March 1 and concludes with the Activate America 5 Miler. Included in the booklet will be a training program for both novice run/walkers and experienced runners, plus weekly reminders/tips and space for you to record your progress. All training program information can also be downloaded at the Frankfort Trifecta facebook page.

Race Series Awards: Individuals that participate in all three races (3K, 5K and 5 Miler) will be eligible for the Frankfort Trifecta Overall Prizes. The top three in the following categories will be recognized:

Youth Male	Youth Female	Open Men
Open Women	Master's Men	Master's Women

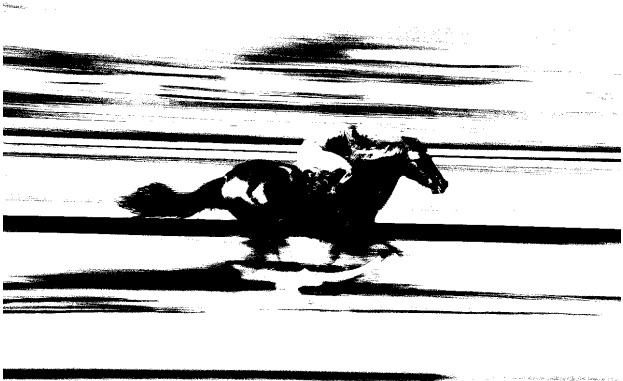
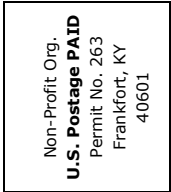
** Youth is for those 17 and under, Master's is for those 40+, Open for all ages.

Registration: Participants are encouraged to register online at www.frankfortymca.org and provide an email address to receive race updates and information. Participants may register for one, two or all three races either online or by using this registration form. Registration forms can also be dropped off at any Frankfort YMCA location.

2011 Frankfort Trifecta Race Series Sponsors



The Frankfort Trifecta Run/Walk Series
C/O Frankfort YMCA
77 C. Michael Davenport Blvd.
Frankfort, KY 40601



THE FRANKFORT TRIFECTA RUN/WALK SERIES

- Run for the Gold 3K
 - March 17, 2011
- Pro.Active for Life 5K
 - May 20, 2011
- Activate America 5 Miler
 - June 18, 2011

www.facebook.com/frankforttrifecta

INDIVIDUAL RACE INFORMATION

Race Packet Pickup: Early registrants can pick up their race packets at the following downtown Frankfort locations:

Run For Gold 3K: Marcus Bldg, 311 St. Clair Street
3/16 from 4-6pm & 3/17 from 11am-6pm

Pro.Active 5K: Marcus Bldg, 311 St. Clair Street
5/19 from 3-7pm & 5/20 from 8am-6pm

Activate America 5 Miler: Downtown YMCA
6/16 & 6/17 from 8am-5pm or 6/18 from 7-8am at the State Capitol

T-Shirts: All participants will receive one shirt for each race entered. The Run for Gold shirts are long sleeved; the 5K and 5 Miler are short sleeved. You can upgrade the 5 Miler to a performance shirt for \$10 more if registered by May 18. The Frankfort Trifecta short sleeved performance shirts are available to all who register for all three races by March 17th. Performance shirts can be picked up at Cool Comfort.

Late Registration: Participants may late register during the above listed race packet pickup dates & times for an additional \$5.00/race. Late registrants will not be guaranteed a race shirt.

Race Course Routes: Each race course route can be viewed at mapmyrun.com or at each race website.

Awards: Individual awards include top 3 finishing male & female in each age group and top 3 individual male & female overall. Top Team Awards presented to the team with the fastest finishing time in the Pro.Active 5K & the Activate America 5 Miler. Awards are also given to the overall and top age group male & female First Timers in the Pro.Active 5K plus to the top 3 schools who have the most participants crossing the finish line. Individuals are eligible for both individual and team awards.

Websites: Please refer to the following race websites for information about specific prizes awarded to race participants and up to date race information:

The Frankfort Trifecta: www.facebook.com/frankforttrifecta

Run For the Gold 3K: www.gssfrankfort.org

Pro.Active for Life 5K: www.proactivetherapy.org

Activate America 5 & 2 Miler: www.frankfortymca.org

THE FRANKFORT TRIFECTA RUN/WALK SERIES

ENTRY FORM

You can also register online at www.frankfortymca.org

Good Shepherd Irish “Run for the Gold” 3K Fun Run/Walk

Presented by Kentucky Employee’s Credit Union – March 17, 2011 – 6:30pm – 316 Wapping Street

Benefiting the Visual and Performing Arts Program at Good Shepherd School

The Good Shepherd *IRISH* “Run for the Gold” 3K Fun/Run Walk has been on St. Patrick’s Day since 2009. This downtown Frankfort event benefits the Visual and Performing Arts Program of Good Shepherd School (PK- 8th grades) and also encourages healthy living. The “Run for the Gold” complements the events planned by many of the downtown merchants for an evening of great St. Patrick’s Day fun. For more information, please contact Lisa Scott, liscott333@yahoo.com, 502.330.3411, or Anne Taylor Renshaw, atcamp@dcr.net, 502.320.1074 or visit www.gssfrankfort.org.

Pro.Active for Life 5K Run/Walk

Presented by Pro.Active Physical Therapy – May 20, 2011 – 6:30pm – Downtown Frankfort

Benefiting the United Way of Franklin County

Since its inception in 2007, the Pro.Active 5K has encouraged novice run/walkers to get fit safely by providing them with free educational classes, periodic email tips, a training booklet (for walking or running) and mentoring runs for both beginning and seasoned runners. Two other unique components of the Pro.Active 5K is awarding the “First Timer” awards for participants who are competing in their first 5K, and a School Challenge which provides cash awards to the top three schools having the most participants cross the finish line. A shoe drive has also been held in conjunction with the race, giving away over 5,000 pairs of shoes locally and to Soles4Souls Organization. For more information contact Debbie Brown, ptmombd@cwweb.net, 502.320.9168 or visit www.proactivetherapy.org.

Activate America 5 Mile Race and 2 Mile Walk

Presented by Commonwealth Credit Union – June 18, 2011 – 8:30am – Kentucky State Capitol

Benefiting the Frankfort YMCA Annual Giving Campaign

This is the 5th year the YMCA has had a spring race and the 2nd year the event has been a 5 Miler. The race distance was changed from a 5K to create a longer race distance in Franklin County. This scenic course starts at the State Capitol and goes through Downtown Frankfort and along the Kentucky River. A Two Mile walk option is also available for those participants that do not want to complete the entire Five Mile distance. All proceeds from this event support the Annual Giving Campaign which helps provide assistance for children and families in Franklin County so that that can participate in YMCA programs and memberships. In five years, over \$15,000 has been raised through this event. For more information contact Zack Hall, zack@frankfortymca.org, 502.875.9276, ext. 102 or visit www.frankfortymca.org.

Tear off and return entry form and check payment to Frankfort YMCA, 77 C. Michael Davenport Blvd. Frankfort, KY 40601

Name: _____ Address: _____

City: _____ ST: ____ Zip _____ Phone: (____) _____

Email: _____ Date of Birth: __ / __ / ____ Age: ____

Gender: ____M ____F Team Name: _____

Shirt Size: (check one) ____ No shirt, please donate the cost of the shirt to the event proceeds.

____Youth Small ____Youth Medium ____Youth Large ____Small ____Medium
____Large ____XL ____2XL (\$3 fee) ____3XL (\$3 fee)

REGISTRATION OPTIONS

- entry fee payable to the Frankfort YMCA

Check all that apply	Description	Deadline	Amount
_____	<i>The Frankfort Trifecta (includes all three races)</i>	3/15/11	\$45.00
_____	Good Shepherd Irish Run for the Gold 3K only	3/15/11	\$15.00
_____	Donation to Good Shepherd School		\$_____
_____	Pro.Active for Life 5K only	5/18/11	\$15.00
_____	Donation to United Way of Franklin County		\$_____
_____	Activate America 5 Mile Race/2 Mile Walk only	6/16/11	\$15.00
_____	Technical Shirt upgrade for 5 Mile Race	5/18/11	\$10.00
_____	Donation to the YMCA Annual Giving Campaign		\$_____
_____	Shirt Size Upgrade (2XL & 3XL only)		\$ 3. 00

TOTAL PAYMENT ENCLOSED

\$_____

**Participants can register after the deadline for each race for an extra \$5 fee.

Additional Questions

____ The Pro.Active 5K will be my first 5K or I have not participated in a 5K or longer race in the last five years.

____ I plan to participate in the 2 Mile walk and not the 5 Mile Race.

____ I would like to receive a 2011 training booklet for entire race series.

____ I am interested in volunteering to help before or at a race event.

____ I am interested in being a sponsor of a race event.

RELEASE OF RESPONSIBILITY (Must be signed by participant or by parent/guardian if under 18)

Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against all persons and agencies, namely Good Shepherd School, Pro.Active Physical Therapy and the Frankfort YMCA, all of its agencies and any Frankfort Trifecta Race sponsors involved with promoting the race as listed by their successors, representatives, and assigns for any and all injuries suffered by me while traveling to and from and while participating in any Frankfort Trifecta competition on either March 17, May 20 or June 18, 2011 in Frankfort, KY or during any run mentoring sessions affiliated with the Frankfort Trifecta Series. I further state that I am in proper physical condition to participate in this event. I also release publication rights to photographs taken of me during any Frankfort Trifecta Running Series event for purposes of publicity for this and future Frankfort Trifecta Run/Walk series events.

SIGNATURE

DATE

PARENT SIGNATURE (If under 18)

REGISTER ONLINE AT www.frankfortymca.org

This registration form may be used for any or all races of the Frankfort Trifecta Run/Walk Series. Mail Entry Form, payment & Signed Waiver to: Frankfort YMCA, Attn: Frankfort Trifecta, 77 C. Michael Davenport Blvd., Frankfort, KY 40601